



STAY FIT, HEALTHY, & SAFE

PAGE 1



MI WINTER ACTIVITIES

PAGE 2



TOP 10 SCAMS

PAGE 2

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ATTORNEY GENERAL
BILL SCHUETTE'S

Senior Brigade

Welcome to another new year! The [Farmers' Almanac](#) and [local meteorologists](#) predict a cold and snowy winter ahead. Throughout this edition, you will find tips that will help you navigate the winter months while staying **FIT**, **HEALTHY**, and **SAFE** during 2014.



Stay Fit!

- Get in two hours and thirty minutes of moderately intense activity per week;
- Add in muscle strengthening activities on two or more days; and
- If more than two hours of activity per week seems overwhelming, break it up into ten minute sessions.

PLEASE CONSULT YOUR DOCTOR BEFORE BEGINNING ANY FITNESS REGIMEN.

Source: Centers for Disease Control and Prevention



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Stay Healthy!



- Be prepared for weather-related emergencies. Have an up-to-date emergency kit which includes a flashlight, [NOAA](#) weather radio, batteries, first aid kit, and extra medicine;
- Wear appropriate outdoor clothing and carry a cell phone;
- Sprinkle sand or cat litter on icy patches; and
- Protect your family from carbon monoxide.
 - * Store grills and generators out of the house, basement, and garage.

Source: Centers for Disease Control and Prevention

SENIOR SMILES



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Stay Safe!

- Winterize your home - install weather stripping, insulation, and storm windows;
- Have your heating system checked professionally;
- Inspect and clean fireplaces and chimneys;
- Install smoke detectors;
- Get your car ready for cold weather; and
- When traveling, be aware of current and changing weather conditions.

Source: Centers for Disease Control and Prevention

DID YOU KNOW?

Michigan is home to 3,000 miles of cross country skiing trails? [Click here to find a cross country skiing destination near you.](#)

If cross country skiing is not your preferred activity, don't worry because there are numerous activities you can try: sledding, tubing, hunting, fishing, and much more.

[Click here to find winter fun!](#)

TOP 10 SCAMS TARGETING SENIORS

Michigan Attorney General Bill Schuette's focus remains on protecting Michigan seniors. It is our hope that you will familiarize yourself with the following list of potential scams provided by the [National Council on Aging](#).

1. Health Care / Medicare / Health Insurance Fraud
2. Counterfeit Prescription Drugs
3. Funeral & Cemetery Scams
4. Fraudulent Anti-Aging Products
5. Telemarketing
6. Internet Fraud
7. Investment Schemes
8. Homeowner / Reverse Mortgage Scams
9. Sweepstakes and Lottery Scams
10. The Grandparent Scam

If you would like additional information, please attend one of the Senior Brigade Phone & Mail Scams presentations. The presentation covers common scams initiated over the phone, mail, and email. It also covers how to reduce incoming calls and junk mail.

[Sign up today to learn where and how to report a problem or scam.](#)



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